

## Daily Dozen Servings

**Note:** \*LeafSide meals contain on average over 5 Daily Dozen servings of herbs & spices per meal. In the list below we cap this at 2 where applicable, to avoid a final total that is over represented by this category.

### Apple Cinnamon Crunch Sweet-Bowl

Beans: 0 | Berries: 1.9 | Other Fruits: 6.3 | Cruciferous Veggies: 0 | Greens: 0 | Other Veggies: 0 |  
Flaxseeds: 0.2 | Nuts & Seeds: 1 | Herbs & Spices\*: 2 | Whole Grains: 2 | B12: 1 |

**Total: 13.3**

### Broccoli Cashew Alfredo Savory-Bowl

Beans: 0.8 | Berries: 0 | Other Fruits: 0.1 | Cruciferous Veggies: 1.8 | Greens: 0 | Other Veggies: 3.3 |  
Flaxseeds: 0.2 | Nuts & Seeds: 0.9 | Herbs & Spices\*: 1.5 | Whole Grains: 0.8 | B12: 1 |

**Total: 9.3**

### Blue Brilliance Smoothie

Beans: 0.3 | Berries: 3.3 | Other Fruits: 1.8 | Cruciferous Veggies: 0.5 | Greens: 0 | Other Veggies: 0.4 |  
Flaxseeds: 0.8 | Nuts & Seeds: 0.1 | Herbs & Spices\*: 1.3 | Whole Grains: 0.4 | B12: 1 |

**Total: 8.9**

### Berry Medley Sweet-Bowl

Beans: 0 | Berries: 4.2 | Other Fruits: 0.9 | Cruciferous Veggies: 0.4 | Greens: 0.8 | Other Veggies: 0.4 |  
Flaxseeds: 0.6 | Nuts & Seeds: 0.6 | Herbs & Spices\*: 1.4 | Whole Grains: 2 | B12: 1 |

**Total: 11.4**

## Daily Dozen Servings

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### Creamy Forest Mushroom Savory-Bowl

Beans: 0.8 | Berries: 0 | Other Fruits: 0.2 | Cruciferous Veggies: 1.4 | Greens: 0.4 | Other Veggies: 2.5 |  
Flaxseeds: 0.2 | Nuts & Seeds: 1.3 | Herbs & Spices\*: 2 | Whole Grains: 1.9 | B12: 1 |

**Total: 10.7**

### Cacao Cherry Smoothie

Beans: 0.4 | Berries: 2.4 | Other Fruits: 1.8 | Cruciferous Veggies: 1.8 | Greens: 0.7 | Other Veggies: 0.2  
| Flaxseeds: 0.9 | Nuts & Seeds: 0.7 | Herbs & Spices\*: 1.8 | Whole Grains: 0.4 | B12: 1 |

**Total: 11.1**

### Comforting Corn Chowder Soup

Beans: 0 | Berries: 0 | Other Fruits: 0 | Cruciferous Veggies: 0.8 | Greens: 0 | Other Veggies: 5 | Flaxseeds:  
0 | Nuts & Seeds: 0.7 | Herbs & Spices\*: 2 | Whole Grains: 0.8 | B12: 1 |

**Total: 9.4**

### Cozy Carrot Spice Sweet-Bowl

Beans: 0.1 | Berries: 0 | Other Fruits: 1.9 | Cruciferous Veggies: 0.3 | Greens: 0 | Other Veggies: 2.6 |  
Flaxseeds: 0.4 | Nuts & Seeds: 1.8 | Herbs & Spices\*: 2 | Whole Grains: 2.4 | B12: 1 |

**Total: 11.5**

## Daily Dozen Servings

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### Creamy Potato Leek Soup

Beans: 0.8 | Berries: 0 | Other Fruits: 0.1 | Cruciferous Veggies: 1 | Greens: 0 | Other Veggies: 5.4 |  
Flaxseeds: 0 | Nuts & Seeds: 0.1 | Herbs & Spices\*: 1.8 | Whole Grains: 0 | B12: 1 |

**Total: 9.2**

### Cacao Raspberry Sweet-Bowl

Beans: 0 | Berries: 2 | Other Fruits: 1.9 | Cruciferous Veggies: 0.5 | Greens: 0 | Other Veggies: 0 |  
Flaxseeds: 0.2 | Nuts & Seeds: 0.9 | Herbs & Spices\*: 2 | Whole Grains: 2.4 | B12: 1 |

**Total: 10**

### Goji Peach Paradise Sweet-Bowl

Beans: 0.1 | Berries: 0.6 | Other Fruits: 2.5 | Cruciferous Veggies: 0 | Greens: 0 | Other Veggies: 0 |  
Flaxseeds: 0 | Nuts & Seeds: 0.1 | Herbs & Spices\*: 2 | Whole Grains: 1.8 | B12: 1 |

**Total: 7**

### Golden Garlic Bean Soup

Beans: 1.4 | Berries: 0 | Other Fruits: 0.1 | Cruciferous Veggies: 2.4 | Greens: 0 | Other Veggies: 5.9 |  
Flaxseeds: 0 | Nuts & Seeds: 0.7 | Herbs & Spices\*: 2 | Whole Grains: 0.2 | B12: 1 |

**Total: 12.7**

## Daily Dozen Servings

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### Green Grail Smoothie

Beans: 0.2 | Berries: 2 | Other Fruits: 2.8 | Cruciferous Veggies: 3.8 | Greens: 1.6 | Other Veggies: 0 | Flaxseeds: 0.9 | Nuts & Seeds: 0.6 | Herbs & Spices\*: 0.7 | Whole Grains: 0.4 | B12: 1 |

**Total: 13**

### Kale Krush Smoothie

Beans: 0.3 | Berries: 0 | Other Fruits: 2.6 | Cruciferous Veggies: 3.6 | Greens: 0 | Other Veggies: 0.1 | Flaxseeds: 0.7 | Nuts & Seeds: 0.4 | Herbs & Spices\*: 2 | Whole Grains: 0.3 | B12: 1 |

**Total: 10.1**

### Lentil Tomato Pasta Savory-Bowl

Beans: 0.7 | Berries: 0 | Other Fruits: 0.2 | Cruciferous Veggies: 0.5 | Greens: 0.7 | Other Veggies: 7.1 | Flaxseeds: 0.1 | Nuts & Seeds: 0 | Herbs & Spices\*: 2 | Whole Grains: 2.3 | B12: 1 |

**Total: 13.6**

### Madras Curry Savory-Bowl

Beans: 1.7 | Berries: 0 | Other Fruits: 0.2 | Cruciferous Veggies: 2 | Greens: 0 | Other Veggies: 3.5 | Flaxseeds: 0 | Nuts & Seeds: 0.4 | Herbs & Spices\*: 2 | Whole Grains: 0.7 | B12: 1 |

**Total: 10.5**

## Daily Dozen Servings

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### Mint Chip Smoothie

Beans: 0.3 | Berries: 0 | Other Fruits: 2.5 | Cruciferous Veggies: 2.2 | Greens: 0.4 | Other Veggies: 0 |  
Flaxseeds: 0.9 | Nuts & Seeds: 0.6 | Herbs & Spices\*: 2 | Whole Grains: 0.4 | B12: 1 |

**Total: 9.2**

### Pesto & Peppers Pasta Savory-Bowl

Beans: 0.3 | Berries: 0 | Other Fruits: 0.3 | Cruciferous Veggies: 1.3 | Greens: 0 | Other Veggies: 5.7 |  
Flaxseeds: 0 | Nuts & Seeds: 0.9 | Herbs & Spices\*: 2 | Whole Grains: 0.3 | B12: 1 |

**Total: 10.7**

### Sweet Potato Dal Soup

Beans: 1.4 | Berries: 0 | Other Fruits: 3.2 | Cruciferous Veggies: 1.6 | Greens: 0 | Other Veggies: 4.5 |  
Flaxseeds: 0.4 | Nuts & Seeds: 0.5 | Herbs & Spices\*: 2 | Whole Grains: 0.6 | B12: 1 |

**Total: 14.2**

### Smoky Pea Soup

Beans: 1.3 | Berries: 0 | Other Fruits: 0.1 | Cruciferous Veggies: 0 | Greens: 0 | Other Veggies: 5.3 |  
Flaxseeds: 0.3 | Nuts & Seeds: 0.5 | Herbs & Spices\*: 2 | Whole Grains: 0.5 | B12: 1 |

**Total: 10**

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### Tropical Bliss Smoothie

Beans: 0.1 | Berries: 2.1 | Other Fruits: 3.2 | Cruciferous Veggies: 1.5 | Greens: 0 | Other Veggies: 0.2 | Flaxseeds: 0.7 | Nuts & Seeds: 0 | Herbs & Spices\*: 0.5 | Whole Grains: 0.2 | B12: 1 |

**Total: 8.6**

### Tex Mex Savory-Bowl

Beans: 1.1 | Berries: 0 | Other Fruits: 0.2 | Cruciferous Veggies: 3.2 | Greens: 0 | Other Veggies: 6.3 | Flaxseeds: 0.6 | Nuts & Seeds: 0.6 | Herbs & Spices\*: 2 | Whole Grains: 1.3 | B12: 1 |

**Total: 15.2**

### Thai Veggie Noodle Savory-Bowl

Beans: 1.6 | Berries: 0 | Other Fruits: 0.4 | Cruciferous Veggies: 2.1 | Greens: 0 | Other Veggies: 3.3 | Flaxseeds: 0 | Nuts & Seeds: 0.3 | Herbs & Spices\*: 2 | Whole Grains: 0.2 | B12: 1 |

**Total: 9.8**

### Vanilla Cinn-Sation Smoothie

Beans: 0.1 | Berries: 1.1 | Other Fruits: 1.8 | Cruciferous Veggies: 1.6 | Greens: 0 | Other Veggies: 0 | Flaxseeds: 0.5 | Nuts & Seeds: 1.2 | Herbs & Spices\*: 2 | Whole Grains: 1.2 | B12: 1 |

**Total: 9.4**

Daily Dozen Servings

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Southwest Black Bean Soup

Beans: 1.8 | Berries: 0 | Other Fruits: 0.4 | Cruciferous Veggies: 1 | Greens: 0 | Other Veggies: 5.3 |  
Flaxseeds: 0.2 | Nuts & Seeds: 0.9 | Herbs & Spices\*: 2 | Whole Grains: 0.5 | B12: 1 |

**Total: 12.1**